

Top 10 Tips On How to Stop Bullying!

Here are some ways to avoid being a victim of bullying

Tip #1: Walk Tall

Try not to act scared. Practice 'walking tall' with shoulders back and head held high.

Tip #2: Develop Self-Confidence

Be positive! Learn new skills. Get involved with people and activities that make you feel good about who you are. Remember, everyone is really good at something!

Tip #3: Start A School Program

Make sure your school has an anti-bullying program with tips on dealing with bullying incidents. If not, talk to your teacher or school principal about starting one. Hold staff and student meetings on a regular basis to review any issues.

Tip #4: Tell a Friend

Always tell a friend or an adult you trust about bullying. Having someone on your side will help you stand up for your rights.

Tip #5: Walk Away

If possible, ignore the bully or say "No" and walk away. The bully is seeking attention.

Tip # 6: Ignore the Teasing

Try not to react to the bullying and teasing. If you act like you don't care, the bully might get bored and give up.

Tip #7: Don't Fight Back

The most dangerous thing you can do when confronted by a bully is to fight back. Bullies are generally stronger than their victims are. By fighting back, you could make matters worse.

Tip #8: Give Up Your Possessions

If the situation is getting dangerous, if the bully is much bigger and stronger than you, or if he has a weapon, then it would be smart to give him what he wants. Material things are replaceable; you are not!

Tip #9: Stick With Others

Try not to be alone in places where you could be unsafe—such as an empty schoolyard, a dark alleyway or a school washroom. If possible, try to stick with a group. Bullies tend to pick on those who are all alone.

Tip #10: Remember, Bullies Have Weaknesses Too

Like everyone else, bullies have weaknesses too. Try to see beyond the bully's scary face and words and think about what is missing in his life to make him act so cruelly.

Give yourself a big pat on the back if you used any one or more of these tips successfully ...

Source: *Stay Alert Stay Safe* (<http://www.sass.ca>)

Bullying Information Guide

**Senior / Intermediate
Students**



Kids Come First

Do you know when it is important to talk to an adult?

It is important to talk to an adult if it will get you, or another person, out of troublesome situation such as bullying.

Adults can help!!



SUPERIOR-GREENSTONE DISTRICT SCHOOL BOARD

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Dear Parents and Guardians:

Superior-Greenstone District School Board is committed to providing a safe and welcoming learning environment for your children.

As part of our ongoing commitment to the safety of your children, we are in the process of determining the extent to which bullying may be occurring in our schools. We feel strongly that input from children is of the utmost importance in determining the extent to which they feel safe at school.

This fall, all students in Superior-Greenstone District School Board will be asked to complete a brief survey about bullying. This survey will be given to the students in class. Each school principal and/or vice principal will collate the results. These results will be used to help enhance our current initiatives regarding bullying and to gain a better understanding of the degree to which bullying occurs from the students' perspectives.

We welcome your input and look forward to continuing to work with you to help ensure that we offer your child a positive and safe learning environment.

Yours in education,

Patti Pella,
Director of Education

Bullying and Harassment

Every 7 minutes someone is bullied on the playground.

Every 25 minutes someone is bullied in the classroom.

Types of School-Related Bullying

Teasing, hair pulling, gossiping, threatening, stealing, pushing, shoving, isolating, intimidating, through insults, gestures and sexist, racist, homophobic or other remarks.

What Children Should Do

- Do not answer back with verbal violence
- Try to ignore the insults by walking away with your head up high
- If you are witness to or a victim of bullying immediately refer what has happened to an adult



*Source: Mia Lambert, Jeunesse
J'écoute and Ann Fernandez, Le Journal*

What Parents Should Do

- Discuss the problem with your child and try to obtain the name of the bully
- Discuss the problem with the teacher and the principal of the school
- Advise the child but try not to do everything in his or her place
- Guide the child towards out of school activities
- Do not encourage verbal or physical violence as a suitable means of defence
- Do not trivialize the problem

What To Do If You Need Help

- Tell your parents, your teacher, your school principal, or any other adult you trust
- Call the Kids Help Line at 1-800-668-6868